#### SELECTMEN CALL DUMP OPERATORS TO TASK

The Monterey selectmen drafted a detailed letter of complaint to Berkshire Clean-Way Rubbish Removal, Inc., the company responsible for operation of the town dump. Responding to repeated complaints, the selectmen called several issues to Clean-Way's attention: (1) The contract with the company calls for a steel bin for bulky items, which has never been provided. Bulky items have been deposited in various places. (2) The attendant has not always been present when the dump has been open. (3) Although the area around the compactor is neat and orderly, the brush dump and area where bulky items are deposited is not. (4) There have been numerous occasions when the dump was not opened on time, inconveniencing townspeople intending to dump garbage on the way to work. (5) Snow removal and sanding are the responsibility of Clean-Way, not of the Town. (6) The company has not removed bulky items nor burned brush since it began operating the facility. Apparently the company missed the period during which brush may be burned. (7) Tree stumps are not to be accepted at the dump. (8) Clean-Way shall indicate the number of hauls each month and the location of waste disposal.

The letter suggests Clean-Way "review and adjust" its operation of the Monterey Disposal Area in accordance with its contract with the Town.

#### CAR INSURANCE RATES TO DROP IN MONTEREY

The low incidence of traffic accidents and insurance claims in Monterey over the past year is going to benefit all Monterey residents. The state-set insurance rating has gone down from 2 to 1, the lowest possible rating. The lower the rating, the lower the insurance premiums for residents. Ratings in the cities can be in the 20s. A spokesman at Wheeler and Taylor Insurance said the change from a 2 to a 1 in Monterey will translate into a savings of one or two dollars in car insurance premiums. The savings will be slightly more for those with more insurance.

#### FROM THE BOARD OF ASSESSORS

Please bear in mind that, as the days become nicer, the Board of Assessors will be out viewing the properties in Monterey. The Assessors try to carry identifying signs on their cars, but being humans they sometimes forget. Please remember—they are out there working for you, and with your kind cooperation they can do a better job for everyone.

#### SOVIET STUDENTS TO VISIT MONTEREY

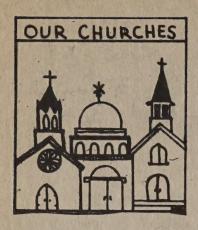
On Saturday, May 12, a group of Soviet college students will be visiting in Monterey, and they will be taken on a tour of the town. Seven young men, all undergraduate students at the Thorez Institute of Foreign Languages in Moscow, U.S. S. R., and their faculty advisor Prof. Alexander Barchenkov will arrive in town before lunchtime. They will travel from the State University of New York (SUNY) at Albany, where they are currently taking courses in American history, economics and foreign languages as part of a joint U. history, economics and foreign languages as part of a joint U. S. A.-U. S. S. R. student exchange program sponsored by the State Departments of both countries. It is planned to have both lunch and dinner in Monterey, and to visit several points of interest, including one or more private homes. Town residents and others who are interested in speaking with the students or welcoming them into their homes are asked to contact either Mrs. Susan McAllester at 528-1847 or Bernard Kleban at 528-4187. Notice of the day's schedule for that Saturday in May will be posted on the town bulletin board.

#### **TOO MUCH SNOW!**

The Town budget for snow removal and sanding has been exceeded this year. Even before "Snowstorm Nelson" of March 29, these items were \$700 over budget, the Selectmen noted at their March 17 meeting. Funds will be transferred from an emergency fund for this purpose.



New kid at Rawson Brook Farm



#### **CATHOLIC CHURCHES**

#### Masses Schedule

Our Lady of the Valley, Sheffield Saturday, 5:30 p.m. Sunday, 7:30 and 10:30 a.m. Immaculate Conception, Mill River Sunday, 10:00 a.m.

#### UNITED CHURCH OF CHRIST

#### Worship and Regular Meetings

Church school, Sunday at 10:30 during morning worship. Morning worship each Sunday at 10:30 a.m. with childcare at same time in the Social Room. Choir rehearsal Tuesdays, 6:15 p.m. at the Brallier home. Meditation and prayer, 7:30 a.m. in the Social Room. All are invited. Bible study, Thursdays, 7:45 p.m. at the home of Lucy Smith.

#### LENTEN BREAKFAST/STUDY CONTINUES

Led by Nan Merrill, the Lenten breakfast/study is continuing. The final two sessions are:

April 10, 7a.m., at the home of David and Judy Bach, Hupi Road. The Road to Emmaus, "Encounter with the Living Christ in Word and the Breaking of Bread." Read Luke 24:13-45. Same study given on April 12, 7:45 p.m., at the home of Lucy Smith.

April 17, 7 a.m., at the home of Ray and Mary Ward. The Road to Damascus, "Encounter with God's Pure Grace." Read Acts 9:1-20; Philippians 3:3-16. Since this is Maundy Thursday a different time will be selected for the evening meeting at Lucy Smith's home.

#### **MAUNDY THURSDAY COMMUNION**

On Thursday, April 17, 7:30 p.m., the congregation gathers for a solemn but joyous celebration of the Holy Communion, looking back to the institution of the communion service itself in the supper room. It is celebrated with the Office of Tenebrae, from a very early practice in the church, in which candles are progressively snuffed until finally the congregation sits in total darkness for a minute pointing toward Good Friday. At this service as well, a traditional recognition of church and community members who have died during the year is engaged in. The congregation welcomes any and all persons in Christian fellowship who may wish to join us in this service.

#### **EASTER WORSHIP**

On April 22, 10:30 a.m., the Church Community will celebrate Easter with the theme "Lord of Life." The scriptures for the day will be Acts 10:34, 37-43; Colossians 3:1-4; John 20:1-9. Music appropriate for the high celebration of the day is being prepared. All in the community who wish to join us for this celebration are cordially invited.

#### LIFE AS A SPIRITUAL JOURNEY

Progress has been made in planning for groups open to all community people on the broad theme of "Life As A Spiritual Journey." It is anticipated that each group formed would have a continuing life, according to the wishes of the group. Some groups might meet as frequently as once a week and others might choose a monthly assemblage to examine what each participant had been doing to understand his/her own pilgrimage. At this stage it would be helpful to know the names of people who would like to be a part of such a group and an approximation of the time one would want to commit to such an undertaking. Dr. Brallier will be happy to discuss plans to date with any interested person.

#### Winter is a Bridge

Winter is a bridge betwixt the hot autumn apparel that leaves branches bare, naked stem and muddy Osiris lemniscates of solar seeds in patient ecstacy to know the stoned and mooring bask of dreamy warm.

Winter is a bridge with fisted cuffs that pummels calm routine with heightened choirs of inward light to sear the Seer and dam the dope who slides on easy daze from dawn to dusk ignoring friction's blessed grip of warm routine.

Winter is a bridge in mint condition leaving only hints of crystal tracery in each and every seed that seeks to spring and shimmer, warm to climb.



#### LIFE AS A SPIRITUAL JOURNEY

Life is largely mystery. Most of us recognize that as an indisputable fact. Our own lives are the best evidence we can offer. How many are the themes or stories that play themselves out in our lives over and over before we begin to recognize them ourselves. Is there a single one of us who has not learned important information about things we are doing, not from our own observations of ourselves, but from friends, associates or loved ones? Why this large amount of mystery and hiddenness surrounding the days of our years?

For a good many years my professional life has been divided between my twin roles—as minister on one side and as psychologist on the other. This intersection of disciplines has led me to a conclusion for which the evidence is very powerful. It is that for every last one of us humans life is a spiritual journey. That, of course, includes persons who deny having even the faintest interest in spiritual things. Let me present some of the evidences for this broad and sweeping statement.

First of all, life is drama. We may not think of ourselves as on stage. But where is the stage? It is all the places you and I live-in our homes, at our work, in all our interactions with others. For all of us life is a movable stage, going wherever we go. What is drama as an art form concerned with? Always and everlastingly it is seeking to reflect our lives back to us. Even drama that purports to be nothing but sheer entertainment is up to its ears in dealing with meaning and interpretation. Drama simply has no way of not declaring meaning, even if its only intention is to make us split our sides with laughter. So. when our lives become "acting," we can no more disclaim that we are involved in meaning and interpretation than can the most inane TV dramas make such a disclaimer.

Now let us deepen the plot. Have not most of us discovered that our life dramas have an amazingly persistent quality about them? How many times we come to the middle of some scene in our lives and we recognize, "I've been here before." Once we have come to identify the major dramas in our lives we discover that we have played them out over and over again. This is especially true of the dramas that don't have a happy ending. Why do we pick the unhappy scenes to act out endlessly? Why indeed? A question. Could it be that we are searching for a way to re-write that scene? Something has fascinated me no end in person after person: that when finally one discovers a better way to play the scene, the whole drama shifts and it is no longer necessary to play the offending scene over and over again. This comes almost as a surprise. "Wow, I solved the problem!"

This brings me to the next observation. Life presents itself to us as a puzzle to be solved. Can one of us really escape this dimension? So infinitely varied are the puzzles we are trying to decipher. For one of us it is the need to pile up more and more bucks; another is trying to gain power; another is dying to find the road to intimacy; still another is grappling with self-esteem issues. And we haven't begun the list. Yes, and most of us insist on carrying two or three major puzzles to be solved at the same time. What does this have to do with life being a spiritual journey? A road to be traveled, a puzzle to be solved, a drama being played over and over until a better way is found. Many are the ways to see the styles by which we live our lives. Listen to people reflecting on their experiences and even those who give no thought to being spiritual are dealing with the inner dimensions of our existence as persons.

Now take the plot a bit further. The hidden, unconscious, unrecognized nature of so much of our life is indisputable. And if anyone really doubts that this is true, that one probably is the one from whom the nature of life is most hidden of all. What is the meaning of so much of life being hidden from our sight? Is it not precisely that life consists profoundly of the quality that THERE IS MORE? If we knew the MORE then we would already comprehend it. The MORE consists in the fact that for those who seek—and for those who are unaware of seeking-life has an unfolding quality. The rule is that one must make the discovery as the road is traveled. Which one of us is on a road in which we know, before we begin, the turns that must be taken, the interruptions that must be encountered, the inclines and declines that will appear? None of us does. So, learn as you go is the rule. Yes, and be prepared for surprises.

Consider, finally, how much of life turns out to be an interplay between darkness and light. Have you not pondered how very little control you have over many of the conditions you will encounter on the road? To be sure, as you learn by traveling, you find how to overcome some of the familiar pitfalls. Surely one of the meanings of the journey is that you learn from the things you experience. Let that never be taken away or our journey would be intolerable. But it is also true that no matter how much we have mastered, each new turn in the road brings new shades of darkness and uncertainty. The wisest and best person in the world will not escape that. New territory always means some uncertainty in our footing and some darkness and obscurity in our seeing. Without that, too. the journey wouldn't make sense. The truth is, unfamiliar terrain always makes the going more difficult. But with the traveling and abundant supplies of grace this unknown part of the road comes more and more to be illumined with lightand so the pilgrimage continues. Neither you nor I really know what tomorrow will bring. But may we learn to trust tomorrow just as we learned to trust today.

> - Virgil V. Brallier, Minister Monterey United Church of Christ



#### SUMMER OPPORTUNITIES AT 4-H CAMP HOWE

Now in its 56th year, 4-H Camp Howe serves over 700 campers per season from Berkshire, Franklin, Hampden and Hampshire Counties. Campers range in age from 7 to 14 years old. The program at Camp Howe in Goshen, MA, concentrates on learn-by-doing experiences through cooperative outdoor living, combined with recreation.

Young adults, 18 years and older, have an opportunity to apply for certain staff openings. For further information about staff jobs and the camp itself, call the Berkshire County Extension Service office, 448-8285.

#### YOUTH NEWS

#### Girl Scout Troop #466

The girls are starting a sewing project. They are each making the stuffed animal of their choice. The scouts are also finishing up their badges before spring.

#### **Cub Scouts**

On March 7 the Cub Scouts had a very interesting tour of Carr Hardware with Bud Rodgers. The boys learned about many hand tools, power tools and chain saws. Mr. Rodgers also gave them many safety tips on the use of these items. Thank you, Mr. Rodgers! The next week the boys practiced using pliers, a hammer and a screwdriver. On March 20 they made a trip to the Cove Lanes for some bowling with Joe Storti.

#### Youth Group

The Youth Group went bowling at Lee Lanes on March 11. Afterwards the Wilsons and all who attended went out for pizza. It was a lot of fun! On Sunday, March 18, the group gathered at the Wilson home to put together a 1,000-piece mailing for the *Monterey News*. They were paid for this and were glad to have the opportunity to earn some money for their treasury. As they worked they enjoyed eating soft pretzels.

#### **Brownie Troop #267**

The Brownies traveled to Gould Farm to watch maple sap being boiled down to become maple syrup. They were all amazed at how syrup is made. A special "thank you" to Dick and Bob for giving us their time and expertise on the "how to" of syrup making. The best part of all was the tasting of the finished product—was it DELICIOUS!

#### NEWS FROM NEW MARLBOROUGH CENTRAL SCHOOL AND THE MONTEREY KINDERGARTEN

Children at the Monterey Kindergarten have begun doing some stitchery. With Mrs. Helen Knollmeyer, elementary art teacher, they are stitching on canvas and with Mrs. Andersen they are doing some pencil stitchery on graph paper.

In honor of St. Patrick's Day the students made green jello with fruit. Mrs. Margy Ohman, mother of kindergartner Kevin helped the class with this special project.

Women's History Week was observed in a significant way in the fourth grade class of New Marlborough Central School. The children were asked to conduct an interview with a woman who was special in their lives. They reported on their great-grandmothers, aunts, mothers and grandmothers. The class learned about many wonderful women who have contributed to American history: Jean Kern, Laura Kern's grandmother; Helen Ovidia Johnson, Jennifer Murray's great-grandmother; Barbara Winn Brown Stephens, Tiffany Stephens's grandmother; Beatrice Phillips, Mark Phillips' grandmother; Delores Davis, Angel Davis's mother; Mary Pratt, Kenneth Pratt's grandmother; Joan Schoonmaker Labshere, Shawn Saunders's aunt; Helen Underwood, Olivia Williams's great-aunt; Zelma Gillette, Kim Gillete's grandmother; Eleanor Emmons, Jill Amstead's grandmother; Mildred Irene Crawford, Frank Soncini's great-grandmother: Emma Goewey, Richard Goewey's grandmother; Dorothy Mintze, Ramona Mallory's grandmother; and Margaret O'Brien, John O'Brien's grandmother.

On March 5, Maryanne Gillooly, volunteer and mother of Tucker in first grade, came to New Marlborough to demonstrate her stained glass craft. She brought with her many examples of her work. Mrs. Gillooly made a boat for Grade 1, a bird for Grade 2 and a rising sun for Grade 3. The students' vocabulary was enriched as they heard about soldering, burnishing and flux. They were shown the use of aluminum and copper foil and how to oil glass before cutting. The children also learned the difference between opaque and cathedral glass. Thanks to Mrs. Gillooly the children all had a wonderful learning experience.



Maryanne Gillooly demonstrating her stained glass.

Susan Andersen, Monterey Kindergarten teacher, has been coming to New Marlborough on Friday afternoons for several weeks. She is working with the first and second grades on poetry. She reviews with them some of the poems they learned while in kindergarten, and she is also introducing some new poetry.

The Monterey-New Marlborough P. T. A. will hold a meeting on April 3, 1984, at the New Marlborough Central School. During the business meeting, which will begin at 7:30 p.m., Paul Langer, Elementary Supervising Principal, will discuss any changes taking place at the school in the next school year. At 8:00 p.m. the P. T. A. will sponsor a Tupperware Party. All are welcome to attend! You need not be a P. T. A. member. If anyone would like to order some Tupperware items but cannot attend the party please call Margy Ohman at 528-1785 or Diane Storti at 528-4250.

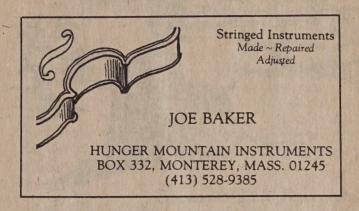
On March 3, 1984, the P. T. A. mailed over 4,000 labels to the Campbell's Labels for Education Program. For the Monterey Kindergarten and New Marlborough Central School they order modeling clay, math games, bulletin board kits, desk tapes and a root garden. We thank all in the community who sent in labels and helped the schools get much-needed equipment and teaching aids.

As part of the Liberty Centennial School Campaign to help restore the Statue of Liberty and Ellis Island, the students and staff of New Marlborough Central School planned a special Valentine's Day project. The children were asked to donate a small but meaningful contribution to the Statue of Liberty Restoration Fund. A valentine contribution totaling \$53.65 was collected and mailed to New York City. The children and staff will receive a certificate indicating their participation in the project, and their contribution will be permanently on record in the museum of the newly restored Statue of Liberty. No government funds have been appropriated for this project so their contribution is indeed special! One first grader, Shawn Goewey, included a Valentine's Day card for the Statue of Liberty saying, "Valentine, you are a work of art." Sylwia Przystanska, a young girl who recently arrived in this country from Gniezno, Poland, has entered the first grade at New Marlborough. Realizing now the significance of the Statue of Liberty to the American people, Jordan Loder, a first grader, seemed to sum things up when he said, "We'd better hurry and fix her up so that more people can come." Thanks, NMC, for your generosity!

On Saturday, April 7, the fourth grade will hold a Tag and Bake Sale at the school from 9:00 a.m. to 2:00 p.m. to raise funds for their field trip to Sturbridge Village on April 12. This field trip is totally funded by their sale, so if you have any items to donate or would be willing to bake something, the children would be most grateful. The school is open Monday through Friday from 8:00 a.m. to 3:00 p.m. for any donations.

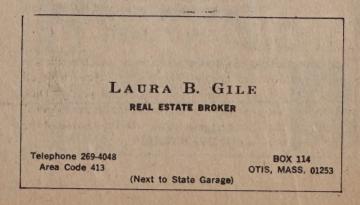
Several third and fourth graders are participating in the St. Jude Math-a-thon to raise money for the St. Jude Research Hospital. St. Jude's Hospital is a nonsectarian, inter-racial and completely free hospital to referred patients. Research and medical attention is administered to children afflicted by leukemia, Hodgkins Disease and other forms of cancer, infantile malnutrition, muscle disorders and other maladies of childhood. The Math-a-thon involves a child in finding sponsors to make pledges for the completion of math

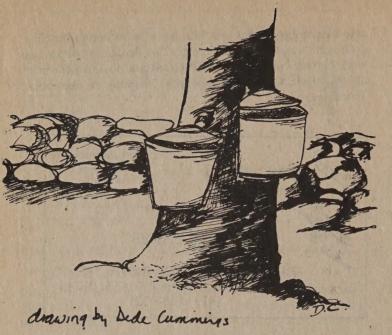
activities and problems in a "Funbook" workbook. The children will complete approximately 200 problems over a two week period, collect the contributions and forward them to the St. Jude Children's Research Hospital in Memphis, Tennessee.











#### AVALON STUDENTS DO CHORES FOR ELDERLY

In a pilot project, Avalon students have been doing simple outside chores for the area's senior citizens. Supervised by Avalon staff member Dave Lewis, two boys shoveled snow for one senior and stacked kindling for another. The project is a joint venture of Elder Services of Berkshire County's volunteer program and of Avalon's vocational training program. The brainchild of Chris Olson, Volunteer Coordinator of Elder Services' Great Barrington office, the project is designed to benefit both the Avalon students and the elderly. The students get a feeling of self-worth through helping others, and the elderly get physical chores performed that they are no longer able to do. The students receive a small stipend from Elder Services in the form of a payroll check, adding to the reality of this vocational experience. One senior appeared on her porch with her walker as the boys were shoveling, thanking them. "They were very nice boys," she commented.

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and vital magic
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- Steve Maye

Nancy Dinan, Broker Deborah Mielke, Broker Rick Mielke, Associate

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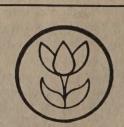
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Deputy Fred Terrill costumes Mary Wallace to receive honors.
MONTEREY GRANGE NEWS

Monterey Grange #291 met March 7, when 80 members and guests enjoyed seeing Deputy Fred Terrill present a 25-year pin to Sue MacIver and 55- and 60-year seals to Eleanor Kimberley, Ethel Warner and Nina and A. Wallace Tryon, and Deputy Alicia Brazie present a past secretary pin to A. Raymond Ward and a gift to lecturer Mary Wallace for having served 35 years.

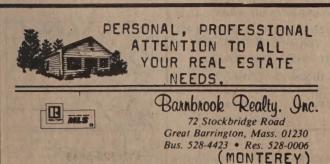
Other dignitaries present were District Deputy Fred Bardenell; Pomona Deputy Norman Wilcox; Richard West, a member of the State Youth Committee; Edith Wheeler, a member of the Home and Community Committee, Janet Marten, a member of the Membership Committee; Connie West, a member of the Assembly of Demeter; and Heidi Houghton, State Princess.

There was a variety program enjoyed by all. Next meeting will be March 21 for a Home and Community Program. The bag donated by Ann Vickerman was won by Inez Streeter. The Grange will have an exhibit at the local post office. Grange Week is April 22 to 26. Applications for membership are being accepted.

Monterey Grange #291 met March 21. Sister Edith Wheeler, a member of the State Home and Community Committee was present to outline the projects. There was a variety program and a fund raiser for projects. The next meeting will be April 4. There will be a conservation program in charge of Sisters Florence Brown and Eleanor Kimberley. Great Barrington Grange #265 will fill the chairs. The Grange will observe Arbor Day.

— Mary Wallace

- Mary Wallace Lecturer



CAROL LEWIS

#### IN THE LIBRARY

The Longest War by Jacobo Timmerman is available at the Monterey Library through the Western Massachusetts Regional Library System Bookmobile. It's a passionate study of the first year of the Israeli invasion of Lebanon.

Jacobo Timmerman was the subject of a 60 Minutes interview this year. He is a brilliant historical observer, a journalist who was imprisoned and tortured by the Argentine junta. He has become a citizen of Israel and is part of the Peace Now movement demanding an end to the Israeli government's aggressive military policy and justice for the Palestinian people. His style is intensely personal. His anguish is tempered by hope and faith. I recommend this book to anyone who wants to understand the uncomfortable facts behind the rhetoric and propaganda of a government trying to justify its behavior.

The Hobbit and The Return of the King are available as records at the Monterey Library. They are from the sound tracks of the animated films and include several well-worn pages of colorful illustrations. The story line is clear and stays as true to the Tolkien trilogy as is possible given the limits of time. The casting is excellent. The script and music lean toward melodrama and make for good listening.

- Leslie Scutellaro

# Rick Mielke

## Seasonal Caretaking/Landscaping

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#### LADIES AID SOCIETY

The Ladies Aid Society held its February meeting at the home of Lucy Smith . . . February 16, twelve present. The treasurer was there and reported \$430 in our treasury, whereupon we voted to give \$25 to Ox-Fam. Nina Tryon reported that some Ladies Aid knives and forks had been left in her custody and never called for, and proposed that they be given to a local couple whose home has burned down. The suggestion quickly passed, with the addendum that we pick a time and place in which they can be conveniently received. The knives are stainless steel, the forks, silver plate. Like the Ladies Aid china, they came from the old country club.

- Margery Janes

# CORRECTION TO INFO ON FUNDS FOR COUNCIL ON AGING

The Monterey Council on Aging has been granted the sum of 3,000 dollars as a member of the Southern Berkshire Transportation Corporation. The money will actually benefit the nine member towns. Each year another member town applies for this grant. This year it was Monterey's turn to apply. Our Council wishes to make everyone aware that the grant was not just for Monterey.

Alfred W. Molle
 Chairman
 Monterey Council on Aging

#### LIBRARY NEWS

(Eileen Clawson would like to apologize for the late entry of this item. It arrived at our house in plenty of time for the March issue of the Monterey News and promptly was buried under a mountain of mail, Morgan's nursery school pictures, the dreaded income tax forms and probably the ubiquitous one sock (child's size, of course). I'll try to do better next time.—EMC)

We would like to thank Chief Ray Tryon and all the firemen who helped string the Christmas lights on the tree on the library lawn. The tree has grown so over the years that we needed the help (and the ladders!) of the firemen. Thanks again.

Also a "thank you" goes to the Girl Scouts, under the leadership of Linda Whitbeck, for the window shades they donated for the library basement room. Thank you, girls!



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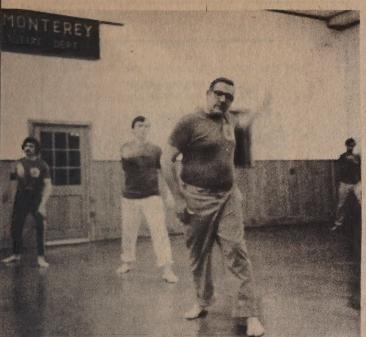
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Monterey firemen keeping on truckin'

#### FIRE COMPANY NEWS

The facts of the matter are simple enough. Exercise is an unequivocal boon to health. It promotes blood circulation, strengthens the heart, brings oxygen to the brain, burns excess fat, develops muscle tone, long wind, limber joints, improved coordination, alertness, good cheer, esprit. Anne McGinley, an instructor at the Bonnie Prudden fitness center in Stockbridge, has been leading several of us in the Fire Company in an exercise class two nights a week at the firehouse. That's it.

Beyond the facts, you can make of this whatever you want. Clean healthy practices tend to generate, in turn, a reciprocal cynicism. For that matter, the cynical, whispering voice doesn't always belong to another. Still I find myself there, time and again, face down on the dirty concrete floor trying like hell to stretch an extra inch, or keep on the beat, or follow and repeat some simple move that feels nearly impossible. I look around at us, some big as bears and stiff as boards, others wiry and taut with needless worry, our ages covering a range of nearly 50 years, boys, men and women all acting like sissies in gym class. I wouldn't trade it for free movies. The blood, the oxygen moves in and the cynicism moves out. I'm not sure if those are facts, but that's the truth.

- Peter Murkett

### WOOD + COAL STOVE OWNERS

Installations, repairs, pre-fab Chimneys, relining, sales, cleaning, fireplace doors, consultations.

CHIMNEY SWEEP

9 AM - 1 PM AFTER 5 PM

#### MEDICARE REGULATIONS TIGHTEN UP

As of March 1984, the federal government has severely cut your Medicare benefits. The qualifications for Medicare homecare eligibility are much stricter. Criteria for benefits previously were:

- 1. Must be 65 years old or handicapped two years.
- 2. Must be homebound.
- 3. Doctor says skilled services are required.
- 4. Skilled services are intermittent, not blocks of time.
- 5. The patient's condition is unstable.

Now there are added criteria:

- 1. Intermittent means no more than three times a
- "Intermittent" means no more than three times a week/ service.
- 2. Daily care possible if the doctor will state the patient will be improved or deceased within three weeks.
- 3. If the patients requires more frequent than three times per week service for more than three weeks, then NO service is reimbursable!
- 4. The patient always must be improving or declining to receive reimbursement; if the patient is stable, even if skilled care is needed, service is no longer reimbursable.
- 5. Chronic care is not reimbursable.

Examples of visits not covered by Medicare are:

- 1. Observation or evaluation only.
- 2. Health promotion or prevention.
- 3. Reteaching something previously taught.
- 4. Patient confusion.
- 5. Repeat of previous condition; e.g., leg ulcers.

These new changes are cost containment measures. They are an attempt to keep your Medicare health insurance solvent by severely cutting your benefits to which you previously were entitled. Because of the skyrocketing increases in health care costs, Medicare is being overtaxed, resulting in these new stricter requirements for benefits.

With these new changes, much of your homecare services now will have to be paid out of your own pocket. To have to pay for these services out of your pocket is very expensive for anyone, and most persons over 65 years of age are on a fixed income. You are encouraged to contact your congressman in Washington, D. C., and protest these new changes in your benefits. Please remember changes are also occurring in your hospitalization benefits.

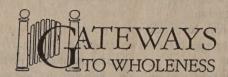


#### The Source of Healing

Where does healing come from—doctors, medicine, health care facilities? Since the loss of health sends us in search of those who can aid our healing processes we are in danger of confusing ourselves over the true source of health. A second thought tells us that without question there is one source of healing and one alone. It comes from within each person. Just as growing comes within an organism, so healing comes from within. The most that doctors, medicines and health care facilities can do is help set the conditions under which the inner healing forces may go to work. If healing does not rise up from within it simply does not come.

Since healing is centered in the life of each of us this is where the attention should be focused. When we think of healing, then, it would be well not to begin chasing down all sorts of external sources, but deepen our trust in the resources all of us possess.

The Gateways organizations aims toward helping each person be more responsible for his/her own health. The commitment of this group of health professionals is to help a community bit by bit to sharpen the attention on the part each of us plays in restoring and maintaining wholeness. If we begin with this position we discover a veritable wealth of healing resources in each person waiting to be employed.



# LIFE RENEWAL Developing Powers of Mind & Spirit

All of us use the powers of mind and spirit in creating the fabric of our lives. This workshop will be an introduction to a variety of exercises to help participants experience the effects of mind and spirit in life renewal and healing. All of these exercises can be built upon by any person who wishes to go further.

Relaxation Exercises: "Letting go" so healing can flow through us.

Bio-Feedback: Overcoming migraine headaches and reducing stress reactions.

Meditation: Learning to move through level after level into our depths.

Contemplation: Learning the powers of concentration through focusing.

Imagery Learning: "Inner seeing" or other imagery opens unused roads.

Inner seeing precedes outer action. Learning ways to start within.

Between Waking and Sleeping: Learning techniques to be in the creative intersection between the conscious and the unconscious. Widening the range of memory, skill and resources available to us.

Attitude Formation: Attitudes shape life. Discovering ways to take attitudes "in hand" and thus change life directions.

Workshop led by Virgil V. Brallier, Ph.D., minister, Monterey United Church of Christ, and psychologist, Berkshire Psychiatric and Psychological Associates.

Date: Saturday, April 14, 1984 Time: 10 Ab to 5 Ph

\$25. Students and Senior Citizens, \$15. Advance registration of \$10 is requested, to be sent to:

GATEWAYS TO WHOLENESS, HUPI ROAD, MONTEREY, MA. 01245

Call GATEWAYS at (413) 528-3974 for information. Overnight accommodations available by pre-arrangement.

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#### The Mahicans and the "Beaver Wars"

A fad in European top-hats in the 17th and 18th centuries led to the near extinction of a large rodent in the New World. It also led to profound changes in the life-ways of the Indian tribes of North America, the formation of bitterly antagonistic Dutch, French and British fur trading empires, and the rapid exploration of a continent.

"Beaver" has been a synonym for "hat" in England since the time of Chaucer; hats of felted beaver fur were highly prized all over Europe. But these furs were rare and expensive, and the quest for new sources was much in the minds of the 16th century explorers. When the first beaver skins began to arrive from the New World they created dreams of quick fortunes in exchange for a few trinkets to please the savages.

Between 1625 and 1640 about 5,000 beaver skins were traded each year at Fort Orange (Albany), only one of many trading posts in the Northeast. It now began to appear that even people of ordinary means could own these lustrous hats and the fad began. By 1656 Albany alone was sending to Europe 146,000 beaver skins a year. Doubtless beavers from Monterey were part of that amazing flood. Then the inevitable happened: beavers became as scarce in the Northeast as they were in Europe. But the Indians were now used to luxurious living, and they began to fight each other and the Europeans for access to trapping grounds and trading opportunities. Small villages coalesced into confederacies for the sake of military power. The Maine Indians gave up farming for trapping. Land, never before "owned," became a commodity. The conquest of the Hurons by the Iroquois was just one of these fur-territory wars.

By 1681, Mahicans were raiding into Virginia and the Carolinas and all the way to the Spanish frontier for furs. Formal protests at these incursions were lodged by Colonial delegates from Virginia and Maryland, and the Mahicans promised to direct their search to the west.

Like the other northeastern Indians, the Mahicans developed a dependency on trade goods from which they never recovered. The long absences of the men on trapping expeditions and raids on other Indians for the quick wealth to be gained from furs led to increased maternal power in the home villages. This tendency was increased by the many lives lost in small wars between tribes and in siding with the French or English in their long struggle for the fur market and imperial territory.

The Indians, not as naive as the early traders hoped, made their prices increasingly higher. From the start they wanted guns; in the name of better business, unscrupulous traders gave guns to "their" Indians, despite Colonial laws to the contrary. This explains how the Indians were so well armed in the Colonial wars.

Time passes and history changes. The silk top hat, invented in Italy about 1760, replaced the beaver hat and has now, itself, become outmoded. Beavers have made a dramatic comeback in their old haunts in the Northeast. Some of the displaced and defrauded Indians have also started a comeback. In Maine they have impressive new tribal enterprises funded by indemnities for broken treaties, and much of their land has been returned. Indian festivals and powwows all over the Northeast give evidence of a renewal, in new

#### TASTES AND FLAVORS

It's been a nail-biting season for Monterey's two commercial producers of maple syrup, Hunger Mountain Farm and Happy Home. First it was too warm, then it was too cold. Some of this year's syrup has reached the shelves of local stores, and at last devotees of pancakes, waffles and French toast can replenish depleted stocks of "the good stuff" and indulge.

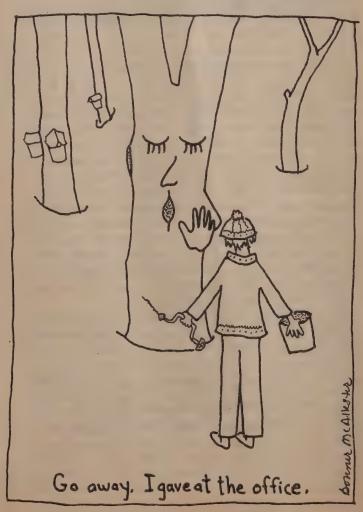
#### Light and Easy Whole Wheat Pancakes

1 cup yogurt 1/3 cup milk 1 Tbsp. maple syrup 1 cup whole wheat flour 1 tsp baking soda ½ tsp salt 1 Tbsp safflower oil

Mix all the ingredients together in a bowl. Bake on a hot buttered griddle 'til bubbles form. Turn and brown second side. Serve with warm maple syrup. Makes 12 pancakes.

These are nice with a half cup of frozen blueberries or blackberries mixed into the batter. The berries defrost as the pancakes cook.

— Leslie Scutellaro





#### CATNIP, FOR WHATEVER AILS YOU

The important business of our household revolves around a wobbly gray table by the telephone. Here we keep our engagement calendar, a bowl of loose change, the nail clippers, one or two potted plants, mail to-be-dealt-with, pencils, pens, odd plastic fittings for maple tubing, precious anonymous buttons, a few Fourth of July sparklers, and one or two large cats. This time of year the low winter sun washes the cluttered table in light and warmth for several hours every day. The cats stretch out, papers and jackknives shift and drift off over the edge. Time goes by, a cat wakes and bathes. She does a little brisk business with a guitar pick and loses it down the back side against the wall. She yawns, moves slightly to the east following the sun spot, and curls up again on the unpaid bills.

It's true the phone does ring sometimes, and Chutney's reaction the other day worried me. Generally these cats catnap, waking easily and cheerfully from a light sleep. This time, when the phone went off, Chutney hit the floor six feet away, her pupils dilated, fur mussed, ears disorganized and life a general mess. Where was her famous feline reserve? Her jungle cool? I'm afraid we know the answer.

Since Christmas Chutney has been on a heavy jag with a little orange cloth mouse that has beads for eyes, yarn for a tail and "Chutney" written on its side. This mouse was one of five hanging on the Christmas tree for the cats of two family households. They were made by hand, lovingly beaded, and stuffed with Napeta cataria, the common weed and medicinal herb we call catnip. It seems that susceptibility to the magic of catnip is not just a social or acquired taste, but actually reflects a genetic line. My parents' cat Batik lost no time in ripping open all three "mice" of his household. He rolled in the dried herb happily at first but then lost his interest. At our house, our big lummox Corvus licked his mouse obsessively for a few minutes and promptly fell out of his chair. After that he never went near it again. Chutney, on the other hand, has maintained a close relationship with her catnip mouse. She is happy and groggy much of the day. Her mouse has joined the clutter on the gray table and she visits it often, licking and purring. She comes in the cat door and heads purposefully for that table: trot, trot, a cat with specific expectations. Up she goes and sits holding the cloth mouse up with one paw while she scrubs it with her tongue.

She is after terpene nepetalactone, the chemical compound which makes up 70 to 99% of the essential oil of the catnip plant. Most cats respond to its vapors with licking, rubbing, purring and rolling. They exhibit what is recognized now as a dominant genetic trait, responses which are also associated with sexual behavior (and some with eating). In a series of experiments in 1968, biochemists at Oklahoma State University traced nepetalactone through the "metabolic pathways" of several cats. The chemical was "labeled" with a radioactive isotope, packed in gelatin capsules, and fed to cats. For a few days these doomed subjects blissed out in their experimental chambers while their excretions were collected and analyzed.

The findings were interesting, but of course the final analysis was final for those cats. If you have ever wondered whether catnip damages your cat, eats up its healthy insides, or changes it permanently (physiologically), rest assured: it does not. The tissues of these experimental cats were unchanged by their last uncontrolled binge. In fact, 75% of the nepetalactone was excreted in the first 24 hours of the experiment, and after four days it was completely gone.

Catnip is a member of the square-stemmed mint family. Most members of this group are aromatic, including pennyroyal, marjoram, thyme lavendar, basil, rosemary, sage, patchouli, and lavender. The fragrant oil is contained in delicate glandular structures on the leaves which are easily bruised and broken with handling. The specific compound, cis, trans-nepetalactone, is closely related to carvone, the odor-producing part of caraway, and to limonene, one of the chemicals responsible for the aroma of lemons.

Chutney does not have what we consider to be an inquiring mind. She goes for that catnip, no questions asked. But we scientists have to wonder why the little mint family has evolved such a powerful cat attractant. What possible benefit does the plant derive from being mangled by our cats? The answer is that Nature's Grand Design includes a fair share of coincidence, and in fact the question would better be put; What good is cis, trans-nepetalactone to a plant? This question was addressed in 1965 by an entomologist at Cornell named Thomas Eisner. He dribbled nepetalactone before various insects and waved vapors in front of them from a tiny glass tube. Insects from 13 different families fled from the chemical, leading Eisner to suspect nepetalactone's real usefulness to a plant is as insect repellant, not cat attractant. He further discovered that some insects manufacture their own chemicals very similar to catnip, presumably to repel predatory insects, not to attract cats. Any bug who was unduly bothered by ants, for instance, could avoid them forever with a little dab of nepetalactone. Eisner dropped some on a live beetle that was being carried off by an ant. The ant immediately released the beetle and began furiously washing itself. It made straight for home, and every ant it met along the way took one whiff and also began frantic washing.

People have used catnip for a wide variety of medicinal purposes. It is good for fever, bruises, nightmares, worms, coughs, rashes, menstrual troubles, spasms and general weakness of character. There is even one early account of a sensitive executioner who had to chew on catnip root regularly in order to work up the courage to hang people.

Corvus and Chutney discovered a catnip plant growing under our deck a few years ago. It is a robust plant now, despite their many visits, and sets good seed heads each summer. In the winter, little tracks tell us that chickadees visit the seed heads early in the morning before we get out to fill the bird feeder. I wonder what goodness they derive. Surely catnip seeds give a chickadee good protein and fat, and maybe a pleasant flavor. Do they also give him courage to face the mobs of evening grosbeaks in the feeder and the tough little nuthatch? Do they help ward off coughs, nightmares, and fleas? Perhaps they make him more intoxicating to the cat. For myself, as soon as the ground thaws I am planning to dig some catnip root to give myself the strength of character I need to tidy up that cluttered gray table by the telephone.



#### THE GREAT SWEET POTATO EXPERIMENT

Who wants to grow sweet potatoes this year? MFP got the last word on growing the delectable and nutritious root from George Hochmuth of UMass, who has been researching the subject and growing sweet potatoes in experimental plots. We can get a mixed dozen (Centennials, Porto Rico and Jewells) for about \$1.25/dozen, if we order 30 mixed dozens at a time. Who is game? We'll give you all the data for doing it right, and we'll have a biggest and best contest at the end of the summer. Call 528-1988 to order your dozen. Sweet Potato Pie, Here We Come!

#### COMMUNITY GARDEN CLOSE TO REALITY

A group is forming to decide on the layout and character of the 1984 Community Garden. Bob Thieriot is standing by with his roto-vator, ready to pulverize the sod. Planting time is just around the corner.

Do we all want individual plots? One big co-operative plot? A little of each? Call Chris Olsen, 528-9676, and get your name in the pot, or the plot, soon. Time's a-wasting.

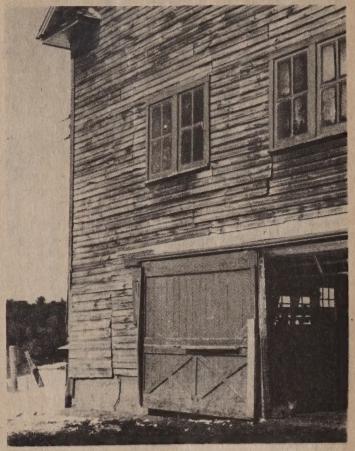
# GRAPE PRUNING DEMONSTRATION GOES ON THROUGH RAIN AND SLEET AND SNOW

MFP members and demonstration leader John Ingersoll discovered the fledgling vines we planted a year ago last spring to be chin deep in snow. The road crew was extra conscientious last winter and created a snow bank where little vines should be. We dug down and retrieved a few sturdy specimens, enough to show interested parties how to prune and train a young vine. As for the rest, we'll have to wait till the snow mountain melts. Maybe next year Beartown Road doesn't have to be quite so wide on the stretch along the split rail fence below the dam.

#### AG-LAND CLEARINGHOUSE

The Berkshire Conservation District has started an agricultural land clearinghouse program to match up landowners who have land to rent with farmers who are looking for cropland rental. In order to participate, a landowner simply tells the District where the property is located, how large it is, and provides a phone number where he can be reached. Farmers can contact the District office, indicate which towns they would like to rent land in, and they will be given the names and phone numbers of appropriate landowners. Rental arrangements will be worked out by farmer and landowner. (There is no fee for this service.) For further information call

or write Berkshire Conservation District, 78 Center Street (Arterial), Federal Building, Pittsfield, MA 01201; (413) 443-1776.



Dick Tryon's milk barn: spring

#### **GATHERING LICHEN**

Two women work, gathering lichen grown over an east-facing rock where juniper and stunted trees mark the hilltop, where they squat with heads bent together penetrating the sun-warmed rock with unspoken thoughts. They peel back the curled edges of grey like leprous skins, for the lichen has become so brittle, having wintered over, it no longer clings to the rock releasing overdue warmth.

A hawk circles overhead, red tail they notice, and go on working until they have gathered enough for the dyepot, for a sufficient shade they will claim for their own, a unique color worth more than the shreds of scattered thoughts still embedded in the rock. And when they return to the world below, they will notice how grey it is in April, windblown and barren, waiting for the time of its appointed color.

- Dede Cummings



Once controversial bulletin board now quietly serving its proper function.

#### CALENDAR

#### Contra Dance Schedule

Saturday, April 14—Beginners and children welcome. Saturday, April 28—For people with some previous square or contradance experience.

From 8:30 p.m. to 12:00 midnight at the Sheffield Grange, Route 7, Sheffield. All dances taught by Joe Baker, caller. Music by Mountain Laurel. Refreshments served. Call 528-9385 for information.

#### Flying Cloud Institute

Wednesday, April 4—Orchard Tour. Horticulturist David Mareb will discuss his dwarf and semi-dwarf young fruit trees. From 5:00 p.m. to 6:30, Windy Hill Farm. Fee: \$2, \$1 for members.

Saturday, April 28—Spring Starwatch. Ron Woodland returns for an outdoor observation of the night sky through telescopes and binoculars From 8:00 p.m. to 9:30, Flying Cloud Institute. Fee: \$2, \$1 for members.

Sunday, May 6—Tippy Canoe and Cobble Too. Join Audubon naturalists on a flatwater canoe trip to Bartholomew's Cobble. Equipment provided. From 10:00 a.m. to 3:00 p.m., Housatonic River. Fee: \$10, \$6 for members.

Saturday, May 26—Night Paddle. Night canoe exploration of Lake Garfield's aquatic life with Lowell McAllister. Equipment provided. From 7:30 p.m. to 10:00, Monterey. Fee: \$10, \$6 for members (age minimum—16 years).

Sunday, May 27—Wildflower Ramble. Flying Cloud's woods and fields are the site for wildflower identification with

Audubon naturalists. From 2:00 p.m. to 4:00. Fee: \$2, \$1 for members.

Saturday, June 9—Beaver Walk. For a leisurely walk to observe an old and a new beaver pond, come with naturalist Tim Flanagan. From 8:00 p.m. to 9:30, Southfield. Fee: \$2, \$1 for members.

Saturday, May 23— Mahican Indianlore. Anthropologist David McAllester will explain how Indians used their natural surroundings in their daily lives. From 9:30 a.m. to 11:30, Flying Cloud Institute. Fee: \$3, \$2 for members.

#### Gateways

Saturday, April 7—Massage Workshop. A one-day workshop presented by Ann Eggers, Ms.T., focusing on our favorite tension places: back, neck and shoulders. Learn some basic strokes to help your favorite people.

Saturday, April 14—Life Renewal: Developing the Powers of Mind and Spirit. A one-day workshop led by Virgil V. Brallier, Ph.D., which will demonstrate the power of mind and spirit in affecting life renewal and healing. Participants will experience the workings of the mind and spirit through relaxation exercises, meditation, bio-feedback, imagery learning, attitude formation, and other states. We will learn by doing, using methods that enable us to continue developing these powers.

Wednesday, April 18-Wednesday, June 13—A nine-week ongoing course, presented by Ann Eggers, Ms.T. A chance to learn strokes for the entire body, each class focusing on one particular area. A wonderful skill to learn and share with family and friends. From 7:30 p.m. to 9:30.

Saturday, April 28—Herbal Helpers in Healing. In this one-day class with Lilian Papier, Ph.D., learn the healing properties of many ordinary kitchen herbs which make them excellent helpers for the relief of many first-aid problems and the discomfort of common, everyday ailments. Some of the star performers at hand in the kitchen are: cinnamon, ginger, garlic, onion, cayenne, basil, peppermint, etc.

All workshops run from 10:00 a.m. to 5:00 p.m. unless otherwise noted. Call Gateways at (413) 528-3974 for information.

#### LETTER TO THE EDITOR

We were happy and relieved to see the friendly faces and sparkling equipment of the Monterey Fire Department here at our sugar house on Sunday afternoon April 1. Their response to our call was amazingly fast, and their calm, reassuring manner did wonders for the thumping hearts of a close call. We had a roof fire around our hot stovepipe, one we had been kindling for three years with a poor installation. Fear and crisis quickly gave way to feelings of great foolishness—our firemen were absolutely respectful of us.

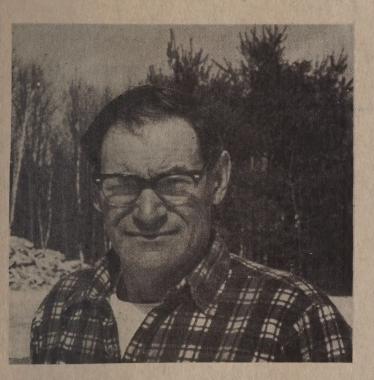
Who actually put out the fire? Larry Burke of New Marlborough, with buckets of sap. We got a high-powered follow-up spritz of Konkapot Brook water from the fire department to wet our blackened roofboards down, and that last batch of syrup might bring out a pollywog or two in the filters!

Thank you so much,

Bonner McAllester and Joe Baker Monterey Maple

#### **PERSONALS**

Did you know that for years Nina Tryon sat through the town meeting and dinner working on her little felt donkeys and elephant pins? She still has a store of them in her living room and replaces them when necessary. They come in two sizes and all colors, and anyone who wants to declare his party preference or to own a collector's item can buy one from Nina.



Don Amstead ...

#### BULLETIN

Rabies Clinic at Monterey Firehouse, Saturday, April 21, 1:30-3:30 p.m. Dr. Gulick of Great Barrington will preside. The Monterey Town Clerk will be present to issue licenses on proof of vaccination. A fee will be charged.

STARIS APR. 16

MONDAYS; 9:30-10:30 AM

5:30-6:30 PM

9:30 - 10:30 AM 5:50 - 6:30 PM

AT THE MONTEREY FIREHOUSE

CALL MARIE THOMPSON 528 4205 INSTRUCTOR - ANN MEGINLEY 528-3745

#### ACKNOWLEDGEMENTS AND COMMENTS

The Monterey News wishes to thank the following for their contributions this month; their comments follow their names.

M/M Marcel Pasche—"Sorry it couldn't be more. Enjoy your paper."

M/M Nicholas F. Wool

M/M Dale Finkle

Helen Backhaus-"I like reading the news. I wish I could contribute more. Thank you for sending it to me."

Lucy Goodman Smith-"Excellent."

M/M Milton Rose-"Far Out."

M/M David P. McAllester—"The only periodical we read all the way through."

Suzanne S. MacIver

M/M Hadley Simons—"We always look forward to it."

Sylvia Kleban-"Thank you."

Marion G. Schneider

John Grubbs

Donald B. Victor

Mark Horowitz and Abigail Horowitz-"Keep up the good work!"

Gary LeBeau

M/M Raymond Ward

M/M W. Raymond Ward

Rose Foreman

Harriet M. Phillips

Harlan Lanoue—"I would like to see more coverage of organizations in town such as the Fire Dept., Western Mass.

Dive Team, and historical society."

Phil Blampied

Nina R. Tryon

Helen G. McKay

Joan Weinstein

M/M Sheldon Fenn—"More local news as there is no longer

Monterey news in the Berkshire Courier."

M/M Edward E. Brosseau

Coleman P. Ninick

Madeleine H. Coleman-"I am here all year."

Rose McKee-"I am here all year."

Kelly Janes

Kathie Tryon

M/M John Bodnar

M/M Kenneth Warner

Hedy & Eric Craven

David & Jean Balderston

Thomas H. Cinque

M/M Edw. E. Brosseau.

An additional anonymous comment: "Very enjoyable newsletter."

I'm looking for a place to live -- year-round -- either alone or with other folks. Any ideas? Holly Higinbotham 528- 9200 or 528-3660

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#### DEADLINE FOR ADS AND ARTICLES

Deadline for all ads and articles to be typeset is the fifteenth of each month; for camera ready ads the deadline is the twenty-fifth of each month. Mail to: Box 264, Monterey, MA 01245.

If you wish to have your ad typeset, please call Eileen Clawson, 528-4835, for typesetting rates.

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One-inch classified ads (1" x 3\%" or less)	\$2.50
Two-inch business cards (2" x 3\%" or less)	5.00
Three-inch size (3" x 3\%" or less)	7.50
Five-inch size (quarter-page size: 5" x 3\%")	12.50
Half page (either horizontally across page or	
vertically, one column wide from top to bottom .	25.00
No full-page ads.	
Back cover rates:	
2" card	10.00
Quarter page	20.00
Half page	40.00
No classifieds on back cover.	

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> Donald Clawson Ellen Pearson

Staff Photographer:

Susan McAllester

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